



Red Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



509 kcal

BEVERAGE

DRINK

Ingredients

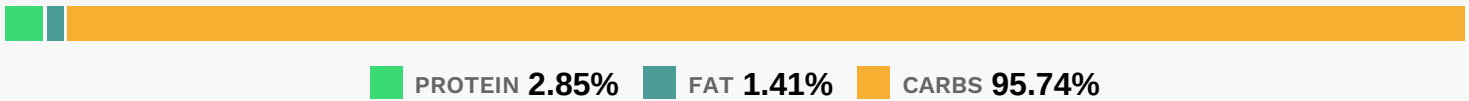
- ☐ 1.5 cups brandy
- ☐ 1 gallon wine dry red such as cabernet sauvignon
- ☐ 1 optional: lemon thinly sliced
- ☐ 2 bunches optional: lemon washed and stemmed (2 cups)
- ☐ 1 lime thinly sliced
- ☐ 1.5 cups orange liqueur such as cointreau or triple sec
- ☐ 2 cranberry-orange relish thinly sliced
- ☐ 12 servings sparkling wine

Equipment

Directions

- ☐
- Combine citrus slices and other firm fruits in a large, nonreactive container.
- ☐
- Add wine, liqueur, brandy, and lemon verbena. Cover and refrigerate overnight (or up to 3 days). When ready to serve, put some soft fruits into each wine glass and fill two-thirds full with the Sangria. Top off with a splash of club soda.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:2.7700000287884%

Flavonoids

Petunidin: 10.47mg, Petunidin: 10.47mg, Petunidin: 10.47mg, Petunidin: 10.47mg Delphinidin: 13.19mg, Delphinidin: 13.19mg, Delphinidin: 13.19mg, Delphinidin: 13.19mg Malvidin: 82.77mg, Malvidin: 82.77mg, Malvidin: 82.77mg, Malvidin: 82.77mg Peonidin: 5.84mg, Peonidin: 5.84mg, Peonidin: 5.84mg, Peonidin: 5.84mg Catechin: 24.29mg, Catechin: 24.29mg, Catechin: 24.29mg, Catechin: 24.29mg Epicatechin: 33.63mg, Epicatechin: 33.63mg, Epicatechin: 33.63mg, Epicatechin: 33.63mg Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 10.91mg, Hesperetin: 10.91mg, Hesperetin: 10.91mg, Hesperetin: 10.91mg Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 509.1kcal (25.45%), Fat: 0.15g (0.24%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 22.51g (8.19%), Sugar: 13.57g (15.07%), Cholesterol: 0mg (0%), Sodium: 13.31mg (0.58%), Alcohol: 60.28g (100%), Alcohol %: 13.66% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.7g (1.4%), Vitamin C: 18.1mg (21.94%), Potassium: 197.55mg (5.64%), Magnesium: 18.94mg (4.73%), Iron: 0.73mg (4.07%), Fiber: 0.94g (3.75%), Phosphorus: 30.7mg (3.07%), Calcium: 26.57mg (2.66%), Vitamin B6: 0.05mg (2.64%), Copper: 0.05mg (2.56%), Folate: 9.48µg (2.37%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.03mg (1.82%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.17mg (1.11%), Vitamin A: 53.93IU (1.08%)